

RED CLOVER sprouts and microgreens

Part of the leguminous family, the well-known clover sprout seed originates from Europe and Asia. Clover is one of the richest seed containing the highest amount of vitamins and mineral salts.

Seeds soaking (hours)	Rinse/drain per day	Days to harvest		Yield (weight ratio)	
	Sprouts	Sprouts	Microgreens	Sprouts	Microgreens
8-12	2-3	5-6	5-14	7 : 1	n/d



Seeds



Sprouts/ 6 days (darkness)



Sprouts / 6 days (light)



Microgreens / 14 days

Taste A crispy fresh taste similar to alfalfa.

Appearance Delicate and small seed in warm shades of yellow, chestnut brown and brown.

Nutrient Contains eight essential amino acids and A and C vitamins. Rich in minerals. Calcium, iron, cobalt, iodine, magnesium, manganese, potassium, phosphorus, sodium and zinc.

Tip Soak and rinse then place in a mount (2 tablespoons) in the center of a tray; to start, water the outskirts of the tray and afterwards, when the small germ appears, spread out delicately the seeds in the sprouter. After harvest, bathe them to eliminate the envelopes and carefully dry out. Can be grown in a wire netting (quantity: 1 teaspoon - spread out in one row, after soaking).